



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

*Caring, Always there, Ready to give their all, Encouraging,
Gracious, Incredible, Valuable, Exceptional, Respectable ~ iSeniorSolutions*

Caregiver Tip: Self-Care for Caregivers

Caregiving requires emotional and physical demands that are difficult to manage at times. This overload of responsibilities can lead to neglecting your own needs. This month, we celebrate the sacrifices of caregivers, say thank you for all that you do and remind you to take care of yourself. Finding the time for self-care can be difficult. Below are tips to lessen burnout and help you feel your best.

- Being nice to yourself is a big part of self care. Being positive in your thoughts can help you and your loved one be more effective.
- Try deep breathing for just 10 minutes a day to ease stress and tension.
- Meditation and relaxation techniques such as mindfulness meditation can reduce stress and strengthen physical health.
- Eating well and getting quality sleep are also key factors in taking care of yourself and reducing stress.
- Maintain relationships with friends, family or through a caregiver support group.

For more information on these simple but necessary tips read, [Self-Care for the Caregiver](#).

**Caregiver Support
Group**
Wednesday,
November 6, 2019
4-5:30 p.m. at the
Alexandria Adult Day

Resources:

[Medicare Benefits Checkup:](#)

Are you paying too much for your Medicare prescription medications? Want to make sure you're on the right plan? Register to meet with a VICAP Counselor to review your Medicare Part D Prescription Drug plan. Counselors are available [November 16 from 11 a.m.-1 p.m.](#) at Burke Library or [November 18 from 5:30 p.m.-7:30 p.m.](#) at Beatley Library.
Call 703.746.5999 or visit alexandriava.gov/aging for more information.

For questions, comments or to remove your name from our mailing list, please email
DAAS@alexandriava.gov or call 703.746.5999.



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